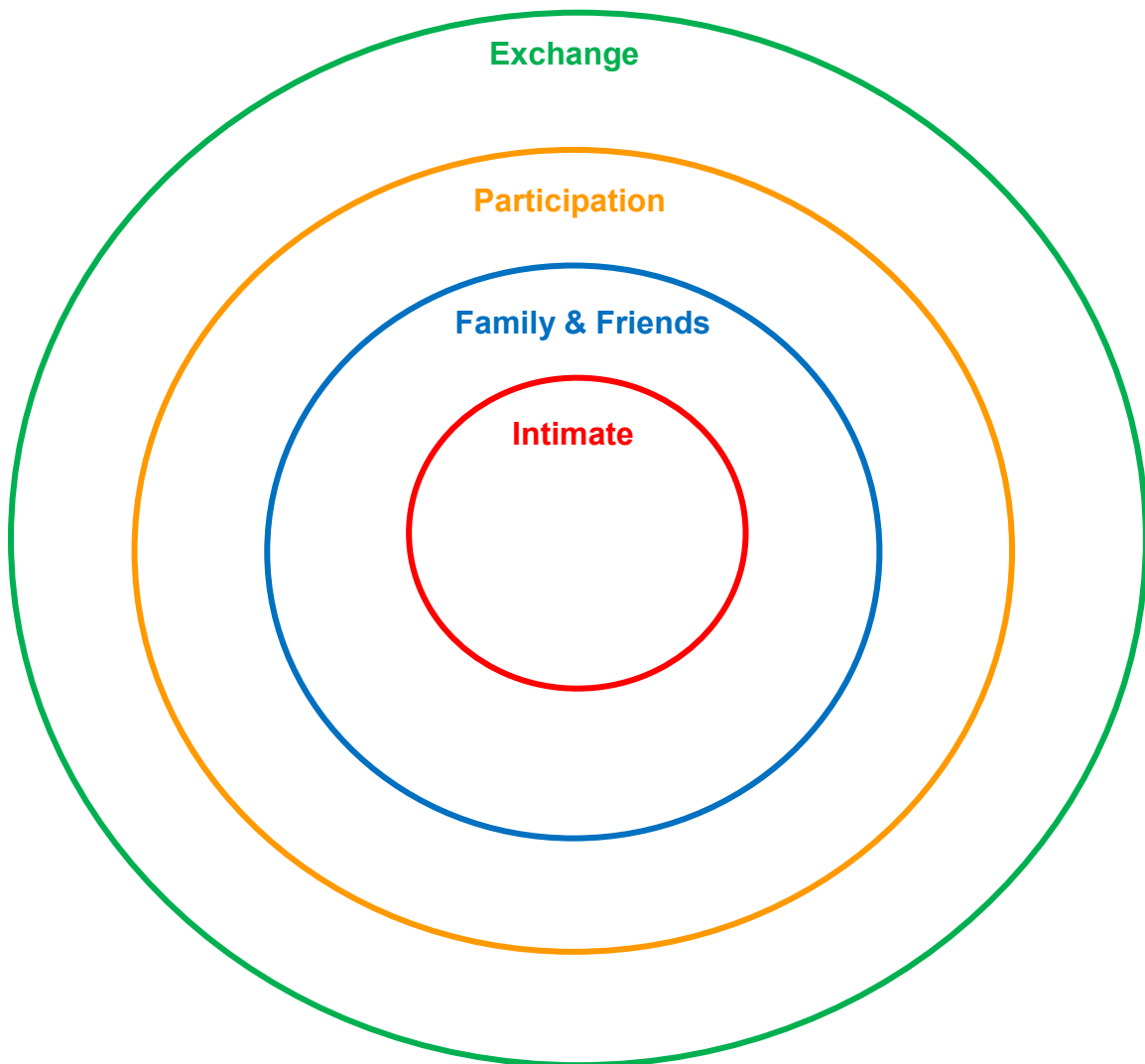


Who Is in Your Support Circle?

A support circle is a network of family, friends, acquaintances and supportive workers who come together to give support and friendship to a person. Support circles may shift and vary depending on your situation and point in life. You should revisit your circle periodically to see if those listed are still the right choices for you. Use this template to document those who are part of your support circle.



Intimate

Who are the people closest to you, that know you best, whom you confide in and are there at time of crisis? This can be our family or the ones we chose as family.

Family & Friends

Who are the people that know you well, whom you can call and rely on and whom can rely on you?

Participation

People, groups and organizations that you are involved in. This may be faith communities, libraries, health club, workplace, social groups, senior or community center, etc.

Exchange

Who are the people and organizations that you pay for support. This can include hairdressers, mechanic, attorney, physician,